**Useful websites to support positive mental health for teenagers**

<https://youngminds.org.uk/>

Support for young people and their parents and carers regarding mental health and resilience.

<https://stem4.org.uk/>

Supporting positive mental health in teenagers.

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

We’re Mind. We understand mental health and wellbeing. We’re here if you need us for support and advice. We help everyone understand mental health problems, so no one has to feel alone

<https://www.childline.org.uk/>

Run a free 24-hour helpline, email service and online and phone counselling service for children and young people in the UK.

<https://www.themix.org.uk/>

Offer a helpline, email, live chat, telephone counselling service and crisis text line for anyone under 25 years old wanting support.